



HERITAGE



New Food Program Begins In May

Help is on its way. A new monthly program will start at the Lowell Senior Center for anyone **60 or older**. Recipients may qualify for a free bag of food once a month consisting of healthy shelf stable products. The Greater Boston Food Bank (GBFB) and the Lowell Council On Aging (LCOA) have agreed and joined together for the purpose of supplementing food items to Low-Income elderly people of 60 plus with food through The National Commodity Supplemental Food Program and the U. S. Department of Agriculture.

An orientation and registration will be held on **Tuesday, May 10 from 9:00am to Noon** at 10AM at the Lowell Senior center at 276 Broadway Street.

Eligibility is determined by total **gross monthly income** from all revenues and household size. Please see figures below. The following documents are needed (Driver's License or State ID or Birth Certificate to verify identity and age. Below are the eligible guidelines.

| <u>Household</u> Size | <u>Weekly</u> Income | <u>Monthly</u> Income | <u>Yearly</u> Income |
|--------------------------|-------------------------|--------------------------|-------------------------|
| Income | | | |
| 1 | \$255.00 | \$1276.00 | \$15,301.00 |
| 2 | \$399.00 | \$1726.00 | \$20,709.00 |
| 3 | \$503.00 | 2,177.00 | \$26,117.00 |

Older Americans Are Blazing A Trail

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include in-

Inside

- 2 Contacts
- 3 Day & Overnight Trips
- 6 Doctor's Nurse's & more
- 10 Calendar Events
- 12 Lunch Menu

fluential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing

trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

We thought you'd find these stats about Older Americans Month of interest:

When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult. 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.

Older Americans are more active and engaged than ever, 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%. It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger. While Executive Office of Elder affairs promotes the Independence, *Con't Page 15* empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we

There's a lot to like about **LOWELL**



CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Edward J. Kennedy Jr.

**Vice Mayor**

Daniel P. Rourke

\*\*\*\*\*

Corey A. Belanger

Rodney M. Elliott

John J. Leahy

James Leary

Rita M. Mercier

James L. Milinazzo

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly
978-674-1171 ~ tdonnelly@lowellma.gov

~~~~~

**Civic Events:** Carol Lannan ~ 978-674-1169 CLan-  
nan@lowellma.gov**Volunteer:** Sandra Breen 978-674-1176  
sbreen@lowellma.gov 978-674-1169

~~~~~

Outreach Caseworker: Amy Medina Leal
978-674-1167 ~ aleal@lowellma.gov

~~~~~

**Volunteer Coordinator:** Eileen Golden  
978-674-1173 ~ egolden@lowellma.com  
Monday, Tues. & Thurs. 8 am to 1 pm

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Outreach Volunteers:

John R. Lawlor ~ 978-674-1174 ~ jlawlor@lowellma.gov

Monday-Friday ~ Appt. Hrs. 10 am - 3 pm

FREE Benefits Check Up

Carol Violette ~ 978-674-1168 ~ cviolette@lowellma.gov

Picture IDs Tuesday—Friday 10 am—2 pm ~

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**Kitchen Staff—978-970-4132**

Virginia Valdez &amp; Karl Correa ~ Weekdays

Chuck Kuenzler ~ Weekends

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong ~ 978-674-1172

First come, First served, Mondays — 8:30 to 10:30 am

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**Legal Services Assistance & Referrals**

For an appointment call: 978-458-1465

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Pollard Library ~ 978-674-8634**COA Library Annex ~ 978-970-4186**

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**Lowell Senior Center Hours of Operation:**Monday—Friday: Open **6:30** am to **4:00** pm

Lunch served at 11:30 am

Saturday—Sunday: Open **7:00** am until **12** noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Joyce E. Dastou

Andrew Hostetler

Eric Lamarche

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

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Next meeting: Mon, May 9th
at 9:00am — Public Welcome**FRIENDS of the**
Lowell Council on Aging, INC.**BOARD OF DIRECTORS****PRESIDENT**

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes Jr.

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Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

**Next meeting Fri., May 27th**  
**9:30 am—Public Welcome**

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: NO REFUNDS if you do not purchase insurance. Trip flyers available outside of 2nd floor office. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise. **The office is now open from 8 a.m. to 4 p.m.** Detailed event flyers available in second floor office.

## OVERNIGHT TRIPS Don't lose out — Book NOW

**September 11—13, Sunday. . . Three Day Atlantic City Escape to the Tropicana, Departs at 7:00am, 239 Dbl. 229 Tpl. 319 Single** Includes: Round trip motor coach, 2 nights at the resort, \$30.00 Slot play, 2 \$25.00 food credits, tax and baggage/service. Have a group? The 16th room is FREE. If you put 35 on the coach the group leader will receive a \$100.00 CASH bonus! For reservations contact Carol Lannan 978.674.1169. Returns at 8:00pm \$50.00 deposit required and Insurance is Available.

**October 6-8, Thursday—Saturday . . . The Grand Resort Hotel in Maine,** Reservation \$50.00 final payment due August 26 2 nights, 4 meals, 2 breakfasts, 2 dinners, Admission to the Fryeburg Fair, a ride to the top of North Peak, Moose Safari and the Sunday River Fall Festival

**October 18—20 (3 Days/2 nights (Tuesday —Thursday) Penn Dutch Country NEW HIT SHOW: "SAMSON"-The worlds First Superhero. 429pp/549snl . . . 2 nights lodging, 4 meals, Ticket to "SAMPSON" and touring, Reservation 50.00 per person/Final Payment due December 6, 2016**

**December 7– 9, Wednesday — Friday. . . Christmas at the White Mountain Hotel and Resort Twin \$389.00pp, Triple 369pp, Single 499.00pp. Includes all Room and meal taxes & gratuities.** Featuring Colonial Williamsburg décor for the season. Over 150 tax-free shops and outlets in the area and downtown. Relax and unwind in this majestic winter wonderland! 2 Nights, 4 meals, 2 breakfasts and 2 dinners plus 3 Christmas shows, admission to the "Festival of Trees" in Wolfboro plus deluxe motor coach, round trip baggage handling and a Christmas gift.

## DAY TRIPS

**April 11, Monday... "Day Main Light House Trail." Price: \$114.** Our day begins with a visit to Stone Wall Kitchen for a sampling of their products. Next it on to the Nubble Light - Cape Neddick Lighthouse - Sohler Park one of the most photographed light houses on the Maine Coast. For lunch we will feature a main lobster lunch. Then it is on to visit Portland Headlight and to see several lighthouses called Ram Island, Cape Elizabeth, Spring Point and many more. **Mel Tye's Top Tour & Travel, Departing from the Ayotte Garage. Pick up time will be announced in next month Heritage.**

**April 19, Tuesday ... "The Moulin Rouge."** Randolph, **Price: \$70.** Welcome to PARIS, FRANCE!!! Have you ever wanted to experience the Moulin Rouge in Paris first hand? Here is your chance to see a great Parisian style show here in your own backyard. We proudly present to you to the critically acclaimed show "L'Opera Burlesque" and the best part is that its CLEAN entertainment (PG rating, no nudity) show. will be held at Lantana's in Randolph Massachusetts. **Roger's Bus Departs from the Lowell Senior Center at 10 am**

**April 28, Thursday..."One Slight Hitch". Price: \$65.00 Newport Playhouse** It's COURTNEY,S wedding day, and her mom Delia, is making sure that everything is perfect. The groom is perfect. The dress is perfect, and the decorations (assuming they arrive) will be perfect. Then like in any good farce the doorbell rings. And all hell breaks loose. So much for perfect! **Roger's Bus Departs from the Lowell Senior Center at 9 am**

**June 21, Tuesday..."Play it Again Sam" "Lobster-fest" Newport Playhouse PRICE \$65.00** ALLEN has this thing about HUMPREY BOGART , If only he had some of BOGART,S technique... BOOKISH and insecure with women, ALLEN,S hero, Bogey comes to the rescue .with a bevy of beauties played out in hilarious fantasy sequences. Fixed up by friends with gorgeous women, he's so awkward even BOGEY'S patience is tried. ALLEN

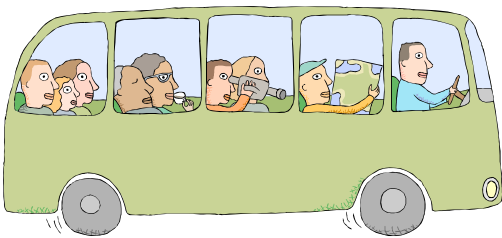
ALLEN mostly resembles a disheveled, friendly dog and this is what charms his best friend's wife into bed. It is a tough life, making it in the world of beautiful people but if you can't be a hero, it helps to have one. **Roger's bus Departs from the Lowell Senior Center at 9 am**

**July 19, Tuesday. . . "The Hay Day of the BIG BANDS & POP —Goes the Fourth! ONLY \$65. pp** Featuring the Roy Scott Band at Luciano's Lake Pearl in Wrentham, MA. This venue was originally known as the Kink Phillip's Ballroom where all of the GREAT Bands used to play. **Departing from the Ayotte Garage. Pick up time will be announced in next month Heritage.**

**JULY 26, Tuesday, The Spirit of Boston...\$65. per person .One price includes everything!** (except drinks and photo's).. **come aboard the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two hour cruise** on Boston's historic harbor is tour for an afternoon getaway and is an exclusive to BOT guests only. As the ship pulls away from the dock grab your streamers and your drinks and get into the SPIRIT of the excitement. The grand buffet includes: A salad station, Potato, Pasta, Fish with Lobster cream, Roasted Turkey, Glazed Pork, a gourmet cheese selection, Garlic Potatoes, a festival of veggies, along with Cakes, Bars, Pastries, Cookies and Fruit , Return to the gastrometric feast as many times as you wish!

**AUGUST 16, Tuesday..."Unnecessary Farce".. \$65. "LOBSTERFEST Newport Playhouse "TWO cops. THREE crooks. EIGHT doors. Go. In a cheap motel room, an embezzling mayor is supposed to meet with his female accountant, while in the room next-door, two undercover cops wait to catch the meeting on videotape, but there's some confusion as to who's taken the money ,who' hired a hit man, and why the accountant keeps taking off her clothes. Roger's Bus Departs from the Lowell Senior Center at 9 am**

**SEPTEMBER 20, 2016 Tuesday . . . "PLAZA SUITE"..... \$65. SURF & TURF** Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza. A suburban couple takes a suite while their house is being painted and it turns out to be the one in which they honeymooned 23(or was it 24) years before and was yesterday the anniversary, or is it today? This wry tale of marriage in tatters is followed by the exploits of a HOLLYWOOD producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart. Now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await, or as Mother yells, "I want you to come out of that bathroom and get married?" **Roger's Bus Departs from the Lowell Senior Center at 9 am.**



### May tickets on sale April 29

**MAY** Monday-2th Northshore Mall  
 Tuesday-10th-Old Mill Restaurant  
 Thursday, May 12th- Hampton Beach  
 Monday, June 16th-Newburyport  
 Thursday, May 19th-Tom's Discount  
 & Salisbury Beach  
 Monday, May 23rd-Rockport  
 Tuesday, May 24th-Butterfly Place  
 Thursday, May 26th-FREE Kimball's Ice-cream (ice-cream on your own).

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door.

Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed

## Roger's \$5.00 Trips

*Ages 60 to 101.*

Bus leaves @ **9:15 a.m. SHARP** from the Senior Center.

Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### July tickets on sale May 31

**JUNE** Mon., 6th Old Orchard Beach, ME  
 Thurs., 9th Methuen Loop & Restaurant  
 Mon., 13th York, ME  
 Thurs., 16th Hampton Beach, NH  
**SAND CASTLES**  
 Mon., 20th Kittery, ME — Outlets  
 Mon., 27th Salisbury Beach  
 Sandcastles @ the Sea Glass  
 Thurs., 30th Rockport, MA



### LOBSTER LOVER'S EVENTS

June 21 Newport, RI Playhouse  
 August 11 Foster's York, ME  
 August 16 Newport, RI Playhouse  
 Captain Jack's Bake and Foxwoods, CT



**Rest in peace, dear friend**  
**Our Friend “Ann” or “Little**



**“Annie” as many called her.**  
**She always cared so much for others.**

One of our best and longest working volunteers, has sadly passed. Ann Regan, beloved volunteer and friend for over 25 years passed away peacefully in April 2016. Anyone who has ever visited the senior center has not passed by without a greeting or welcome, from our front desk volunteer Ann Regan. She

always had a helping hand ready to use, whether she was answering phones, serving lunch, helping clean up, serving desert and coffee to the card players, Bingo, or working a Friday social, she was always helping with something or other. Ann worked for several years at D’Youville Nursing home. The most famous saying she had, that we all counted on working when something was misplaced, was the “St. Anthony Prayer”. Ann must have recited it 2,000 times! “St. Anthony, St. Anthony, come around, come around, something’s lost and can’t be found”. Believe it or not, it would work every time (but only if Ann said it). She was the kind of person that would always go without, so that she could help another, that she felt was more in need than herself. She was always thanking and complimenting others. She was such a selfless person. Ann’s main love was her family. They were her pride and joy. She would always tell stories of her daughters, granddaughter & grandson, “Liam”. She will be missed by her many friends and family, here at the Lowell Senior Center. It was Ann’s home away from home. “Rest in peace”, dear Ann. We love you!

inseparable. You never saw one without the other. Their charitable



**Audrey McMahon**

work spanned decades. She was a very special person. Lowell’s own famous artist, Janet Lambert-Moore outdid herself by painting a life like, beautiful, portrait of Audrey to be displayed at the Lowell senior center. This was made possible from the abundance of donations made in memory of Audrey, to the “Friends of Lowell Council on Aging”. Thanks again to all who thought of Audrey and made a donation in her memory.

**FREE THURSDAY EVENTS**

**Ping Pong**  
**10-12pm**



**Art Class**  
**12pm-2pm**



volunteered at the senior center Monday-Friday. She never missed a day or two in 25 years!

***Audrey McMahon’s portrait – unveiling Friday, May 27<sup>th</sup> at 10:30 am.***

Our beloved friend and staff member, whom we lost last year, “Volunteer Coordinator- Audrey McMahon (April 2008-July 2015)”, portrait will be unveiled on Friday, May 27<sup>th</sup> at 10:30 am. Audrey was born in Lowell on January 4, 1939. All who knew her loved her. Audrey had also worked at City Hall in the Clerk’s Office before coming to the senior center. Audrey and her, husband Bob where

**Watch your thoughts,  
they become words;**

**Watch your words,  
they become actions;**

**Watch your actions,  
they become habits;**

**Watch your habits,  
they become character;**

**Watch your character,  
for it becomes your destiny.**

---- Author Unknown

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

City of Lowell Health Department

2nd Friday 9:00 —10:00am

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month. 1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer sessions every Wednesday from 10:00 am -11:00 am

**Affordable Hearing with Christo-**

**pher Streeter**—Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9:30am-11am in Board Room. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.



1, It takes a participant over 7 months, on average, to become a contributing volunteer.

The average number of days that someone at-

tends the Center before they volunteer for the first time. In other words, 2. Volunteers are roughly 3 years younger than members who are not volunteers. The average age of volunteers, in fact, is 70.6 years old. The graph below presents the percentage of all volunteers by age cohort. Although 20% of all volunteers are in the 70 - 74 , there's a fairly normal distribution across the range.

3. The rate of volunteerism (i.e. the number of people who contributed at least one hour in each year) has been on a downward trend since 2012. However, the total average number of hours a Center receives per year from its volunteers has grown. This is a departure from 2009 - 2011 where the volunteerism rate increased each year. The "productivity" per volunteer is quite a bit higher recently with the average slightly more than 104 hours per volunteer in 2015.

4. Having an understanding of who your volunteers are now is imperative to recruiting new volunteers in the future. Here's an overview While nearly 1/3 of all volunteers contributed fewer than 10 hours in 2015, there is a significant portion of the volunteer base (almost 1 in 4) who contribute over 100 hours per year! There are even some people who volunteered 500 or more hours in 2015 - that's over 10 hours per week! When we compare this data to a similar analysis we did in 2012, we can see the numbers have shifted out to the right. People are averaging MORE hours now than in 2012, which is consistent with what we see above. So, the next time you come across a 70-year old married woman wearing yoga pants and sending a text outside a Starbucks, make sure you tell her about the great opportunities to volunteer at The Senior Center!

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am  
\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



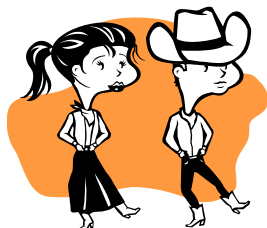
**Mah-Jong**

Mondays

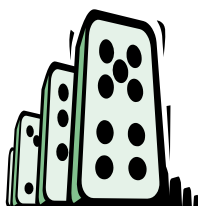
12:00—3:00 pm

**VETERANS NEWS****Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**If interested,  
please see Char-  
lotte LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**Gulf War Veterans**

More than 650,000 Service members served in Operation Desert Shield and Desert Storm from August 2, 1990 to July 31, 1991. For VA benefits eligibility purposes, the Gulf War period is still in effect. This means that anyone who served on active duty from August 2, 1990, to present is considered a Gulf War Veteran. For example, the Veterans Pension benefit requires service during a wartime period. Therefore, any Veteran who served on active military service for any period from August 2, 1990, to the present meets the wartime service requirement.

**VA Benefits**

Gulf War Veterans may be eligible for a wide-variety of benefits available to all U.S. military Veterans. VA benefits include disability compensation, pension, education as well as training, health care, home loans, insurance, vocational rehabilitation and employment, and burial.

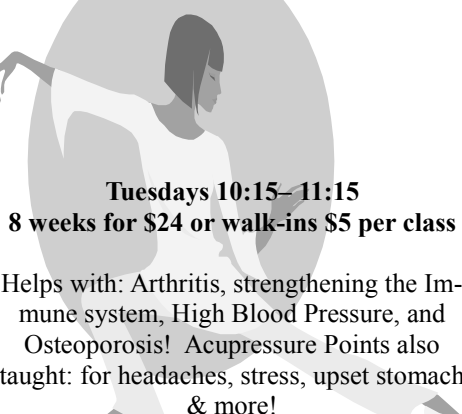
**Gulf War Veterans' Illnesses**

Certain illnesses and diseases are "presumed" by VA to be related to your military service in designated areas of Southwest Asia and may entitle you to VA disability compensation benefits. For Gulf War Veterans, these presumptive diseases include: Medically unexplained illnesses (popularly called "Gulf War Syndrome"). Certain infectious diseases. Amyotrophic lateral sclerosis (ALS) diagnosed in all Veterans who had 90 days or more continuous active military service.

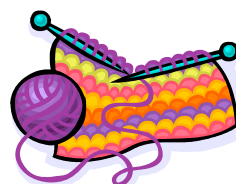
**Gulf War Veterans**

may still seek to establish

service connection individually for other, "non-presumptive" diseases and illnesses related to service in the Gulf War. Learn more about qualifying for disability compensation for non-presumptive conditions on the from the Veterans' Office at the Lowell Senior center at 276 Broadway St. to apply for a particular benefit or program. Generally, Service members, Veterans, and families can apply for VA benefits using one of the methods below. Apply online using eBenefits, OR Work with an accredited agent, OR Go to a VA regional office and have a VA employee assist you to learn more about VA benefits for Gulf War benefits.

**Quilting Lessons**Newcomers' wel-  
come!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays 10:15—11:15  
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Im-  
mune system, High Blood Pressure, and  
Osteoporosis! Acupressure Points also  
taught: for headaches, stress, upset stomach  
& more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!



## Friends of the Council on Aging

### POT OF GOLD WINNERS:

|                                    |                                |
|------------------------------------|--------------------------------|
| 3/1 \$50 Rita Hopkins              | 3/16 \$75 Midge Farrell        |
| 3/2 \$75 Ted Macropoulos           | 3/17 \$200 Rita Brunnelle      |
| 3/3 \$50 Marcia Crowley            | 3/18 \$100 Eileen Golden       |
| 3/3 \$100 Sophia Brodeur           | 3/19 \$50 Karen Record         |
| 3/5 \$50 Virginia Geary            | 3/20 \$50 Constance St. Pierre |
| 3/6 \$50 Donna Smith               | 3/21 \$50 Shirley Hamer        |
| 3/7 \$50 Denis Rock                | 3/22 \$50 John Sech            |
| 3/8 \$50 Pauline Beaulieu          | 3/23 \$75 Claire Downing       |
| 3/9 \$75 Robin Wolterlieu          | 3/24 \$50 Pauline Cloutier     |
| 3/10 \$50 Judith Pigeon            | 3/25 \$100 Betty Szoba         |
| 3/11 \$100 Joe Donoghue            | 3/26 \$50 Beverly Ghareeb      |
| 3/12 \$50 Maryanne Parent          | 3/27 \$50 Kathleen Stepaman    |
| 3/13 \$50 Jennette Therriault      | 3/28 \$50 Rose Dutney          |
| 3/14 \$50 Mary Abraham             | 3/29 \$50 Jerry Bonin          |
| 3/15 \$50 Alice Montonez           | 3/30 \$75 Virginia Fortin      |
| 3/31 \$50 Drew and Lauren Holbrook |                                |

## Card Making Class

First come, first served basis.

RSVP to reserve your spot.

See Tara.



## YOGA for VETS

with Diana Kyricos

Wednesday's

11:00 am—12:00 pm \$5.00

A chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

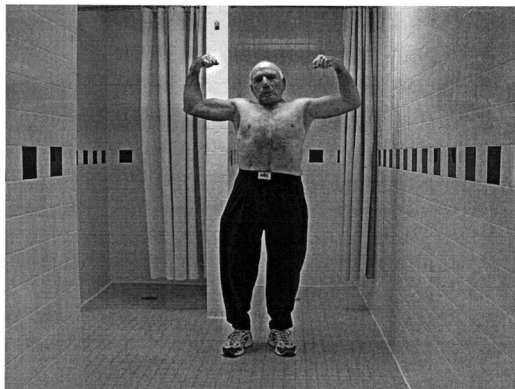
Join Us For A Screening of...

# The Age of LOVE

It's never too late to date.



This eye-opening documentary breaks social and generational barriers by looking at seniors not in terms of specific talents or communities, but through shared, human desires. THE AGE OF LOVE follows the adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for 70- to 90-year-olds. Watch as they navigate the comedy and drama of dating—revealing how the desire to love and be loved not only connects hearts of young and old, but, more unexpectedly, remains just as confounding, nerve-wracking and rewarding at any stage in life.



SPONSORSHIP PROVIDED BY:  
MERRIMACK VALLEY COUNCIL ON AGING &  
FRIENDS OF NORTH ANDOVER SENIOR CENTER

### When:

Saturday May 14, 2016  
2:00 PM- Screening of Film  
3:30 PM- Q & A with film's Director  
Steven Loring

### Where:

Tewksbury Senior Center  
175 Chandler St.

This event is **FREE** and open to the general public. Refreshments will be served.

Reserve your seats today- RSVP to  
(978) 640-4480 or email Diane at  
ddunlevy@tewksbury-ma.gov.

## B - I - N - G - O

Every Wednesday

12:00—3:00 pm

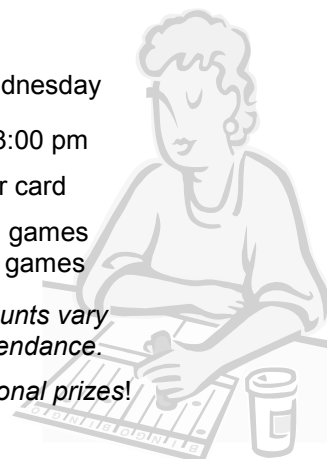
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

PLUS additional prizes!



May is Older American's Month— A time to acknowledge older adults for contributions they have made to our nation. This year's theme, **Blaze a Trail**, encourages us to view older adults in new and unconventional ways.





## Veteran's Resource Fair



Please join Community Teamwork and the City of Lowell  
for a **FREE** Veteran's Resource Fair

Date: Thursday, June 16, 2016     Time: 12:00 – 3:00 PM

Location: Lowell Council on Aging - 276 Broadway Street- Lowell

**Prizes · Raffles · Coffee and Snacks**

Services and Vendors include:

Printing out your DD214- we'll have someone available to help you!

Lowell Health Department- Blood pressures & Diabetic Glucose Check

Lowell Veteran's Services

Lowell Career Center

Middlesex Community College

Veteran's Northeast Outreach Center

Community Teamwork

Iron Stone Farm

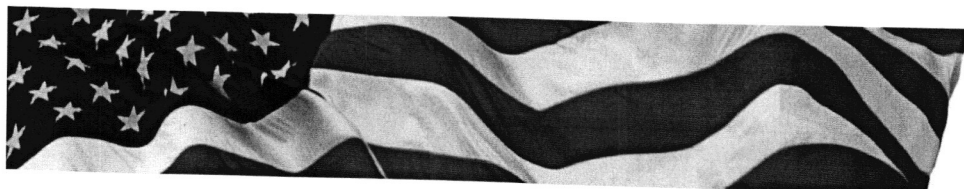
University of Massachusetts Lowell

Lowell Health Department

Merrimac Mortgage Company

Helping Hand Veteran's Fund

Department of Veteran's Services S.A.V.E. Team     and many more....



## Anxiety Support Group

with Steve Coupe

Fridays

2:00—3:45 pm



### Summit Eldercare program

Representatives from Fallon Health will be available to answer any questions that you may have regarding their plans.

Whether you are a current member or someone needing coverage; stop by and learn more!



|                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:30 Lunch (see menu) \$2<br><b>12:00 noon-Fall Prevention Seminar w/ Circle Home Health</b><br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal                                                                                                  | 11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                                                                                                                                                                                            | 11:30 Lunch (see menu) \$2<br>1-3 BINGO<br>1:30-3:30 Quilting                                                                                                                                                                                                                          |
| 9.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B  | 10.<br>7-9 Breakfast Program 50¢<br>8-10 Circle Health Nurse<br>8:00 CTI meeting<br>NO Country Line Dancing<br>10-12 LPD drop-in<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                   | 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Veterans<br>11:30 Lunch (see menu) \$2<br>1-3 BINGO<br>1:30-3:30 Quilting                                                        |
| 16.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 17.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12:30 Circle Health Nurse<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br>12-3 Knitting & Crochet                                | 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure<br><b>10– 12 Fallon Info/Senior Plan and Navi-care</b><br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Veterans<br>11:30 Lunch (see menu) \$2<br>1-3 BINGO<br>1:30-3:30 Quilting |
| 23.<br>7-9 Breakfast Program 50¢<br>8:30-10:30 SHINE councilor<br>8:30 CTI Bone Builders A<br>9:00 Getting Fit<br>10:00 Hula Dancing<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4 MAH-JONG<br>1:00 Choral Group Rehearsal<br>1:45 CTI Bone Builders B | 24.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing<br>10:15-11:15 Tai Chi<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3:45 Cribbage<br><b>12-3 Brown Bag Pick Up</b><br>12-3 Knitting & Crochet | 7-9 Breakfast Program 50¢<br>8:30 Getting Fit<br>8:30 CTI Bone Builders A<br>9:00 Affordable Hearing<br>9:30-11:30 Blood Pressure<br>10-11 Yoga for Seniors<br>11:15-12 Yoga for Veterans<br>11:30 Lunch (see menu) \$2<br>1-3 BINGO<br>1:30-3:30 Quilting                             |
| 30.<br>CLOSED MEMORIAL DAY<br>7-9 Breakfast Program 50¢                                                                                                                                                                                                                   | 31.<br>7-9 Breakfast Program 50¢<br>10-12 LPD drop-in                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                        |

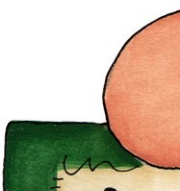
|     |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                           |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | <b>Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B                                                                                                                                                            | 11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Group                                                                                                                                                                                                                                                                  |
| 11. | 12.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong—</b><br><b>12:00 Free Art Lessons—</b><br><b>Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B        | 13.<br>7-9 Breakfast Program 50¢<br>9:00 Veterans Breakfast<br>9:30 Personal Computer/<br>Tablet Assistance<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1<br>2-3:45 Anxiety Support Group                                                                                                 |
| 18. | 19.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong Board Room</b><br><b>12:00 Free Art Lessons-Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B         | 20.<br>7-9 Breakfast Program 50¢<br>9:00 Friends Meeting<br>9:30 Personal Computer/<br>Tablet Assistance<br><b>10-3 Dinner Dance \$7.00 –</b><br><b>&amp; DJ Ray Tremblay</b><br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Group                                                                                      |
| 25. | 26.<br>7-9 Breakfast Program 50¢<br>9:00 Getting Fit<br>10:00 AA Info meeting<br><b>10:00-Ping Pong 10:30am-Board Room</b><br><b>12:00 Free Art Lessons—Board Room</b><br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45 CTI Bone Builders B | 27.<br>7-9 Breakfast Program 50¢<br><b>9:00 Hellenic American School</b><br><b>9:30 FLCOA —Friends Meeting</b><br>9:30 Personal Computer/<br>Tablet Assistance<br><b>10:30AudreyMcMahon's portrait unveiling 2nd Floor</b><br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br><b>1-3 <u>NO Senior Social</u> \$1</b> |
|     |                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                           |

ging & Senior Center

May

STUDIOS

MAY





# Lunch Menu



PLEASE SWIPE YOUR CARD & SIGN UP FOR LUNCH! A donation of \$2.00 is required for **lunch that is served at 11:30 am**. Tickets are available daily until 10:30 am Seniors that arrive later must pay cash and will follow ticket holders. Funding for our meal program is made possible by EOEA, Merrimack Valley Nutrition, City of Lowell. See Tara if you need a card. **Menu subject to change**

| Sunday                                                       | Monday                                                      | Tuesday                                                | Wednesday                                                        | Thursday                                                        | Friday                                                    | Saturday                                               |
|--------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|
| 1. Corn Beef & Cabbage, potatoes, carrots, juice, pudding    | 2. Chicken ala King, rice, biscuits, wheat roll, pears      | 3. Cheese Lasagna, green beans, wheat bread, peaches   | 4. Salisbury Steak, potatoes, peas, wheat bread, apricots        | 5. Chicken Broccoli 'n Ziti, garlic stick, oranges              | 6. Lemon Pepper Fish, rice, carrots, wheat bread, pudding | 7. Stuffed Cabbage, waxed beans, wheat rolls, cake     |
| 8. Roast Pork, potatoes, mixed veggies, wheat roll, cookies  | 9. Hot Dogs & Beans, coleslaw, hotdog bun, pineapples       | 10. Cheese Ravioli, green beans, wheat bread, apricots | 11. Chicken Breast Filet, potatoes, carrots, wheat roll, pudding | 12. American Chop Suey, garlic bread, green beans, pears        | 13. Fish Cakes, rice, peas, wheat bread, cake             | 14. Pork Pie, carrots, wheat bread, oranges            |
| 15. Roast Turkey, potatoes, gravy, wheat bread, mixed fruit  | 16. Mac & Cheese, broccoli, stewed tomatoes, bread, pudding | 17. Chicken Dippers, rice, corn, wheat bread, apricots | 18. Meatloaf, potatoes, peas, dinner rolls, mixed fruit          | 19. Chicken Cacciatore, rice, green beans, wheat bread, pudding | 20.<br><br>DINNER<br>DANCE                                | 21. Stuffed Peppers, corn, wheat bread, pudding, juice |
| 22. Roast Beef, potatoes, green beans, dinner rolls, peaches | 23. Chicken Patty, potatoes, spinach, wheat bread, cookie   | 24. Hamburg & Onions, potatoes, mixed veggies, juice   | 25. BBQ Beef Ribs, potatoes, peas, wheat bread, apricots         | 26. Chicken Salad, Potato Salad, 3-Bean Salad, rolls, fruit     | 27. Pollock, baked potatoes, corn, wheat bread, peaches   | 28. Beef Stew, biscuits, juice, pudding                |
| 29. Ham, potatoes, peas, wheat rolls, pineapples             | 30.<br>CLOSED<br><br>MEMORIAL<br>DAY                        | 31. Chicken, potatoes, carrots, wheat rolls, pears     |                                                                  |                                                                 | Menu subject to                                           | change                                                 |



March/April 2016

# WeConnect

Energy news for our electric customers in Massachusetts



Spring ahead with energy-saving ideas that can save you money. For more details, visit [www.nationalgridus.com](http://www.nationalgridus.com)

Electric Emergency  
**1-800-465-1212**

Customer Service  
**1-800-322-3223**

## Guard against scam artists, impersonators.

Be alert for scam artists and imposters posing as utility employees who may try to gain access to sensitive account information or attempt to gain entry to your home.

Recently, we have received isolated reports that some energy salespeople have been presenting themselves as National Grid employees. These representatives are not from National Grid. The company does not conduct sales door-to-door or over the phone, nor does it offer residential equipment inspection and maintenance service.

Customers may receive solicitations from alternate energy suppliers with offers to purchase electricity on their behalf at a lower price. National Grid encourages customers to be wise consumers and consider all available energy supply options at [www.ngrid.com/masschoice](http://www.ngrid.com/masschoice)

An alternate electricity supplier is an option for our customers to consider, but please read the fine print. And whether you choose an alternate supplier or not, National Grid will deliver your electricity safely and reliably, respond to service and emergency needs, and restore power during storms.

## Please keep these safety tips in mind:

- Every National Grid employee and all contractors doing work for us, carry a photo ID card. If someone requesting entry into your home or business does not show an ID card, don't let them in and please call Customer Service at 1-800-322-3223. If you feel you are in immediate danger, call 911.
- We do call customers with outstanding balances, requesting payment and notifying of the potential for service interruption (due to non-payment). However, we do not accept pre-paid debit cards for payment and would never ask a customer to acquire one of these cards to make a bill payment.
- If you are in doubt that a caller is from National Grid, ask them to verify their identity by providing the last five digits of your account number. **DO NOT** give the caller your account number.

## Plant a tree to celebrate Arbor Day. But call before you dig!

April 29 is Arbor Day, the annual observance that celebrates the role of trees in our lives. Celebrate the day by planting a tree – it can add value to your home and help to reduce energy costs!

### Before digging

Before any planting or home improvement project that requires digging, please remember to first call 811 so the location of underground utility lines can be marked. It's a free service, and it's the law.



To provide shade in summer, yet let the sun's warmth in during winter, plant deciduous trees (trees that shed leaves in fall) such as maples, oaks, birch, locusts, lindens on the east and south sides of your home.

### Look up

When planting a tree, remember to look up to determine where your tree will be located in relation to overhead utility lines. Proper tree species selection and placement will avoid utility line conflicts and costly pruning requirements in the future. For advice on the right varieties of trees and shrubs for your yard, visit your local nursery or [www.nationalgridus.com](http://www.nationalgridus.com) for a planting guide.

Visit us at [www.nationalgridus.com](http://www.nationalgridus.com) and connect with us on



## OLDER AMERICAN'S MONTH COMPLIMENTARY EVENT'S

**MAY 6TH-SOCIAL IN MEMORY OF CATHERINE TOUPIN SPONSORED BY ARTHUR TOUPIN & FRANK D'S. 1-3PM. HOT DOGS & FRANKS FAMOUS BEANS.**

**ICE-CREAM SOCIAL-FRIDAY-5/13/16 1PM**

**MAY DINNER DANCE-FRIDAY-5/20/16. 10AM-3PM-DJ RAY TREMBLAY-Lamb Chops**

**KIMBAL'S ICECREAM-5/26/16 TRIP DEPARTS @ 10AM**

**MAY 27TH-AUDREY MCMAHONS PORTRAIT TO BE UNVEILED @ 10:30 AM-5/27/16**



**PICTURED BELOW IS (L) CONNIE SANTOS, DORIS SANTOS (R) FROM THE LADIES VFW AUXILIARY POST #662. DISTRUBUTING MILITARY HATS TO THE VETERANS AT THE MONTHLY BREAKFAST.**



Check back for next date & time!  
Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

The HMO plan is a Five STAR PLAN with Medicare (one of only 12 in the Country). Enrollment will be open throughout the year.

## Personal Computer/ Tablet Assistance

with Pierre & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*

## Identity Theft: How to Limit Your Liability

Identity theft happens. It's an unfortunate fact of modern life. But there are certain steps you can take to help keep your personal information from falling into the wrong hands. Every day, you do things to protect what's most important to you. And you know what? You do them almost automatically. Routine things like looking both ways before you cross, brushing your teeth, and buckling your seat belt. Another routine to get into is keeping tabs on your identity and personal information. Here are five easy ways you can do it. 1. Read your credit card and bank statements carefully and often. 2. Know your payment due dates. If a bill doesn't show up when you expect it, look into it. Read the statements from your health insurance plan. 3. Make sure the claims paid match the care you got. 4. Shred any documents with personal and financial information. 5. Review each of your three credit reports at least once a year. It's easy, and it's free. And before you know it, protecting your personal information can be as routine as locking your doors at night. For more tips and tools on dealing with identity theft, visit [ftc.gov/idtheft](http://ftc.gov/idtheft). That's [ftc.gov/idtheft](http://ftc.gov/idtheft).

The Fair Credit Billing Act (FCBA) and the Electronic Fund Transfer Act (EFTA) offer protection if your credit, ATM, or debit cards are lost or stolen. Credit Card Loss or Fraudulent Charges: Under the FCBA, your liability for unauthorized use of your credit card tops out at \$50. However, if you report the loss before your credit card is used, the FCBA says you are not responsible for any charges you didn't authorize. If your credit card number is stolen, but not the card, you are not liable for unauthorized use.

ATM or Debit Card Loss or Fraudulent Transfers. If you report an ATM or debit card missing before someone uses it, the EFTA says you are not responsible for any unauthorized transactions. If someone uses your ATM or debit card before you report it lost or stolen, your liability depends on how quickly you report it:

## How to Protect Your Cards and Account Information

For Credit and ATM or Debit Cards: Carry only the cards you'll need.

Don't disclose your account number over the phone unless you initiate the call.

Guard your account information. Never leave it out in the open or write it on an envelope.

Keep a record of your account numbers, expiration dates, and the telephone numbers of each card issuer so you can report a loss quickly.

Draw a line through blank spaces on charge or debit slips above the total so the amount can't be changed.

Don't sign a blank charge or debit slip.

Tear up copies and save your receipts to check against your monthly statements.

Cut up old cards — cutting through the account number — before you throw them away.

Open your monthly statements promptly and compare them to your receipts.

Report mistakes or discrepancies as soon as possible.

### For ATM or Debit Cards

Don't carry your PIN in your wallet, purse, or pocket — or write it on your ATM or debit card. Commit it to memory.

Never write your PIN on the outside of a deposit slip, an envelope, or other papers that could be lost or looked at.

Carefully check your ATM or debit card transactions; the funds for this item will be quickly transferred out of your checking or other deposit account.

Periodically check your account activity, especially if you bank online. Compare the current balance and transactions on your statement to those you've recorded. Report any discrepancies to your card issuer immediately.

*Source: Emmett H. Schmarsow Program Manager for Councils on Aging and Senior Centers, Boston, MA 1-800-698-9723 (toll-free)*

## Older Americans Are Blazing A Trail

*Can't from page 1*

Old-

er Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%. It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOE, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail! "

[www.800ageinfo.com/](http://www.800ageinfo.com/) 1-800-AGE-INFO (1-800-243-4636)

Discover OAM: Visit <http://acl.gov/olderamericansmonth>

Contact your Area Agency on Aging: Visit <http://www.> or call 1-800- 677-1116

## CTI Companion Program

your looking for something to do that will make you feel better — consider Community Teamwork's Companion Program (CTI). Activities include: bringing an elder to an appointment with the doctor, going out for a ride or an ice cream cone, or to the hairdresser, going for a walk, and on rainy days— perhaps play cards or one of their favorite board games! For more information call Linda (978-654-5684) and donate fifteen enjoyable fun hours a week with a new friend and inquire about a tax free stipend of \$200 to \$400. Other options from C T I are many... check out the Home Heating Assistance or the Home Modification program as well.

## How to Limit Your Losses

The Fair Credit Billing Act (FCBA) and the Electronic Fund Transfer Act (EFTA) offer protection if your credit, ATM, or debit cards are lost or stolen.

### Credit Card Loss or Fraudulent Charges

Under the FCBA, your liability for unauthorized use of your credit card tops out at \$50. However, if you report the loss before your credit card is used, the FCBA says you are not responsible for any charges you didn't authorize. If your credit card number is stolen, but not the card, you are not liable for unauthorized use.

### ATM or Debit Card Loss or Fraudulent Transfers.

If you report an ATM or debit card missing before someone uses it, the EFTA says you are not responsible for any unauthorized transactions. If someone uses your ATM or debit card before you report it lost or stolen, your liability depends on how quickly you report it. Identity theft happens. It's an unfortunate fact of modern life. But there are certain steps you can take to help keep your personal information from falling into the wrong hands.

Every day, you do things to protect what's most important to you. And you know what? You do them almost automatically. Routine things like looking both ways before you cross, brushing your teeth, and buckling your seat belt.

Another routine to get into is keeping tabs on your identity and personal information. Here are five easy ways you can do it.

Read your credit card and bank statements carefully and often.

Know your payment due dates.

If a bill doesn't show up when you expect it, look into it.

Read the statements from your health insurance plan.

Make sure the claims paid match the care you got.

Shred any documents with personal and financial information.

If Review each of your three credit reports at least once a year. It's easy, and it's free.

And before you know it, protecting your personal information can be as routine as locking your doors at night.

For more tips and tools on dealing with identity theft, visit [ftc.gov/idtheft](http://ftc.gov/idtheft). That's [ftc.gov/idtheft](http://ftc.gov/idtheft).

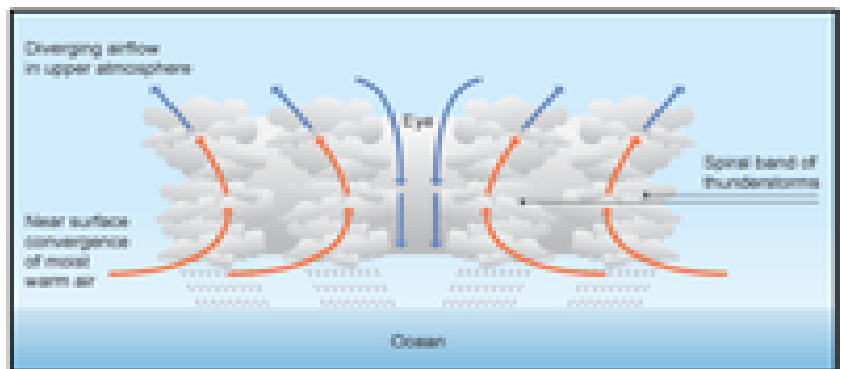
Source: Emmett H. Schmarsow Program Manager for Councils on Aging and Senior Centers, Boston, MA 1-800-698-9723 (toll-free)

## Hurricanes

F H T Y R O T I D A L S U R G E S T A H  
 L I R I L J T Y P H O O N S N U R J S U  
 O H O Y B W W F J H R N U W M O Q B U R  
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 CENTRALAMERICA  
 DOZEN  
 FLOODING  
 HEATTOFORM  
 HIGHWAVES  
 KATRINA  
 SOUTHERNUSA  
 TIDALSURGES  
 TROPICALSTORMS  
 USUALLYSLOWLY  
 WESTWARDS  
 TROPICALCYCLONES

CARIBBEAN  
 DESTRUCTIVE  
 EYE  
 FLORIDA  
 HEAVYRAIN  
 HURRICANES  
 LIGHTNING  
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~ The official publication of the Lowell Senior Center ~

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## Stroke Awareness Dinner

Join Jonathan Drake, MD, emergency medicine physician, and Jason Viereck, MD, neurologist, to learn the signs and symptoms of stroke as well as lifestyle changes to aid in stroke prevention.



Register by calling 1-877-LGH-WELL or visiting [www.lowellgeneral.org/health](http://www.lowellgeneral.org/health)

### STROKE WARNING SIGNS AND SYMPTOMS



**F**ACE DROOPING



**A**RM WEAKNESS



**S**PEECH DIFFICULTY



**T**IME TO CALL

Wednesday, May 18  
6:00-8:00pm

Lowell General Hospital  
Clark Auditorium  
295 Varnum Avenue  
Lowell, MA

Dinner is provided  
for this FREE event.

Lowell General Hospital  
Complete connected care™



Middlesex Community College

## Celebrity Forum 2016

an evening with

**Kathie Lee Gifford  
& Hoda Kotb**

Co-hosts of the Emmy-winning 4th hour of NBC's 'TODAY'

Friday, June 3 at 8 p.m. • Lowell Memorial Auditorium

**Tickets  
on sale  
Jan. 29**

**TICKETS: \$100 • \$65 • \$55 • \$45**

Note: Price includes a mandatory \$2 restoration fee charged by the Lowell Memorial Auditorium.

Tickets may be purchased by calling the Lowell Memorial Auditorium Box Office at 866-722-8881, online at [www.lowellauditorium.com](http://www.lowellauditorium.com) or in person at the Lowell Memorial Auditorium Box Office located at 50 East Merrimack Street, Lowell, MA.

For group sales of 15 or more, Jocelyn Prieto at 978-934-5751 or email [jocelyn\\_prieto@uml.edu](mailto:jocelyn_prieto@uml.edu)

All sales are final. No refunds or exchanges.

Proceeds from Celebrity Forum support scholarships for MCC students.

**WWW.MIDDLESEX.MASS.EDU/CF16**



Special thanks to The TJX Companies, Inc.,  
Presenting Sponsor for all 18 years!

For information on how to  
become a Forum sponsor,  
call Dennis Malvers at  
781-280-3514.